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Home Remedies for Urinary Incontinence

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1 of 3

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Urinary incontinence can be described as the inability to control urination, leading to urine leakage or involuntary loss of urine.

It is a very common, and at times debilitating, urological disorder. According to the National Association for Continence (NAFC), it affects about 25 million Americans.

Urinary incontinence can be divided into three main types:



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- **Urge incontinence**– occurs when an overactive or hyperactive bladder causes a sudden and intense urge to urinate causing involuntary loss of urine
- **Stress incontinence**– occurs when physical activities like vigorous exercise, jumping, coughing, sneezing or even laughing put pressure on the bladder and it releases urine
- **Overflow incontinence**– inability to completely empty the bladder, leading to frequent or constant dribbling of urine

Incontinence can be caused by a number of factors like **age** (the bladder muscles become weaker with increasing age), **weakened pelvic floor muscles** due to surgery or childbirth, **enlarged prostate**, **menopause**, an **overactive bladder**, **nerve damage**, **urinary stones**, **urinary tract infections** and **constipation**.

Plus, certain foods, drinks and medications may stimulate your bladder and cause temporary incontinence.

It not only can cause discomfort and embarrassment, but can also be harmful if urine is left in the bladder creating a breeding ground for bacteria. Incontinence is not a disease in itself, but a symptom of an underlying condition or disorder.

Thus, to get rid of this problem, you need to address its underlying cause. In addition to your doctor's advice and treatment, you can try some natural home remedies and adopt lifestyle changes to control incontinence.



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Make sure you get your problem properly diagnosed to rule out the possibility that it is a symptom of a more serious condition, such as cancer.



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Here are the top 10 home remedies for urinary incontinence.

1. Pelvic Floor (Kegel) Exercises

[Exercising your pelvic floor muscles](https://www.top10homeremedies.com/home-remedies/home-remedies-for-enlarged-prostate.html) (<https://www.top10homeremedies.com/home-remedies/home-remedies-for-enlarged-prostate.html>) can be a useful way to treat urinary incontinence, particularly in the early stages. It helps improve bladder control and reduce urine leakage in both men and women. It is beneficial for reducing stress and urge incontinence.

1. Tighten your pelvic floor muscles and hold for a count of 8. If you cannot hold for 8 counts, just hold as long as you can.
2. Now, relax the muscles for a count of 8.
3. Do 8 to 12 repetitions of this exercise, 3 times a day.

Here's a simple way to help locate your pelvic floor muscles: When emptying your bladder, stop urinating in midstream and then start again. The muscles you used during this task are your pelvic floor muscles.

You may want to seek the help of a physical therapist so that you do not end up practicing the wrong technique. Your physical therapist can also give you further advice specific to your case.



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Note: While doing pelvic floor exercises, keep the muscles in your abdomen, thighs and buttocks relaxed. Avoid holding your breath during the exercises; instead, breathe freely. Make sure to empty your bladder before you begin the exercises.

2. Magnesium

You can also consider taking magnesium to help treat incontinence, especially if you experience other signs of magnesium deficiency like leg cramps at night. Magnesium is important for muscle relaxation throughout the body. Thus, it can help reduce bladder muscle spasms and allow complete emptying of the bladder.

A 1998 study published in the British Journal of Obstetrics and Gynecology found that taking magnesium hydroxide helped treat women with urge incontinence due to detrusor overactivity.

- Take 350 mg of magnesium hydroxide supplements twice daily for several weeks. Make sure to consult your doctor before starting this or any other supplement regimen.
- Include magnesium-rich foods like nuts, seeds, bananas and yogurt in your diet.
- You can also soak in an Epsom salt bath for 15 to 20 minutes, a few times a week. Epsom salt is made of magnesium sulfate. Soaking in an Epsom salt bath allows the body to absorb magnesium through the skin. To prepare this bath, stir 1 to 2 cups of Epsom salt in a bathtub filled with warm water.

3. Vitamin D

Vitamin D can also be used to control urinary incontinence because it helps maintain muscle strength. According to a 2010 study published in Obstetrics and Gynecology, women with higher levels of vitamin D have a lower risk of developing pelvic floor disorders, including urinary incontinence.

- Soak up the early morning sunlight (<https://www.top10homeremedies.com/news-facts/10-reasons-begin-day-surya-namaskar-sun-salutation.html>) for about 10 minutes daily. It helps the body make vitamin D.
- Eat more foods rich in vitamin D, such as fish, oysters, egg yolks, fortified milk and other dairy products.
- You can also take vitamin D supplements, after consulting your doctor.

4. Yoga

Yoga helps tighten the muscles that control the urethral sphincter and provides benefits similar to that of Kegel exercises. Moreover, yoga is good for relaxation and helps relieve anxiety and depression related to urinary incontinence.

A 2014 study published in the journal Female Pelvic Medicine & Reconstructive Surgery found that a 6-week yoga therapy program helped control urinary incontinence in women with stress incontinence. The women who took part in the yoga program experienced an overall 70 percent reduction in the frequency of urine leakage.

To help control incontinence, you can try yoga poses like Root Lock (Mula bandha), Chair Pose (Utkatasana), Triangle Pose (Trikonasana) and Squat Pose (Malasana). Seek the help of a yoga trainer with knowledge on pelvic floor health, or join a yoga class to practice yoga properly.

5. Gosha-jinki-gan

Gosha-jinki-gan is a Chinese traditional herbal medicine that can be used to treat an overactive bladder and urinary incontinence. It is a combination of several different herbs.

Two small studies by Japanese researchers found that this herbal supplement can help improve urinary urgency, frequency and [nighttime urination](https://www.top10homeremedies.com/home-remedies/home-remedies-for-bedwetting.html) (<https://www.top10homeremedies.com/home-remedies/home-remedies-for-bedwetting.html>) in people with an overactive bladder.

Take this herbal supplement after consulting your doctor, who can advise you on the proper dosage for your condition.

6. Buchu

Short-leaf buchu (*Agathosma betulina*) is a great urinary tract tonic to improve the health of the urinary system. It is particularly beneficial for incontinence caused by a bladder infection because of its anti-inflammatory, antibacterial and diuretic properties. Plus, it strengthens the tissues associated with urination and eases systemic irritation.

1. Steep 1 teaspoon of this herb in a cup of hot water for 5 to 10 minutes.
2. Strain and drink this tea a few times daily until you get positive results.

Note: Do not use this herb if you have pain and swelling in the urinary tract. Consult your doctor before trying this or any other herbal remedies.



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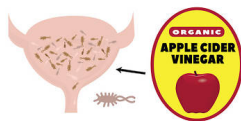
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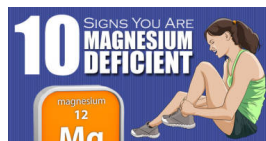
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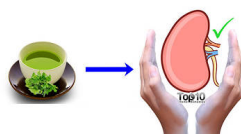
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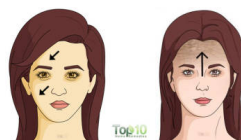
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By Top10HomeRemedies

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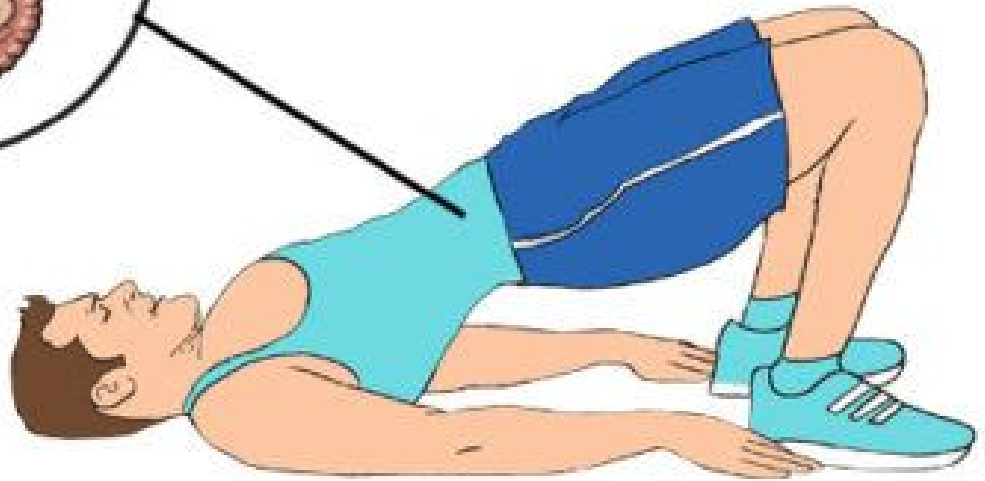
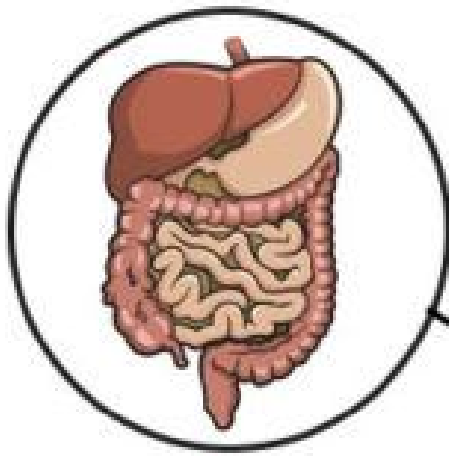
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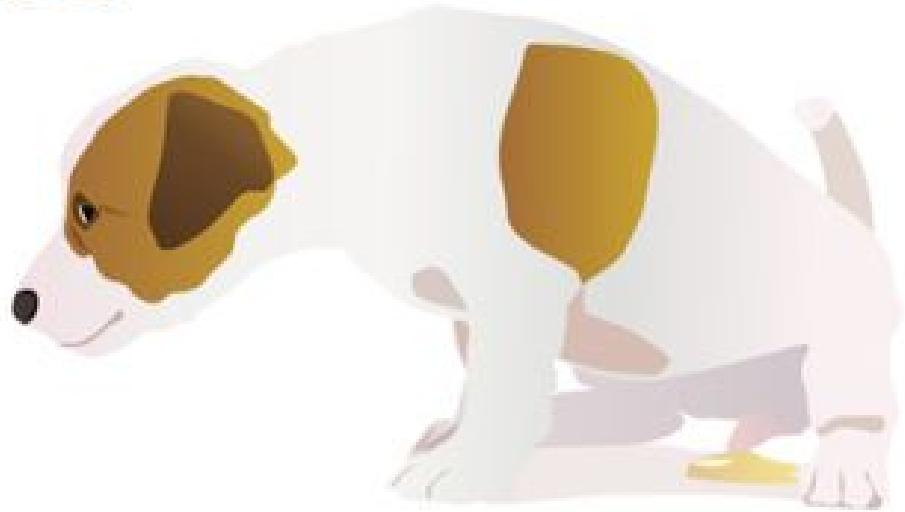


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📅 October 9th, 2017

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📅 April 25th, 2017

21 COMMENTS

joann saffioti April 24, 2015 at 10:00 pm

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REPLYTOCOM=363813#RESPOND)

Very interesting I take prescription meds doesn't seem to work

sadaf April 27, 2015 at 1:05 pm

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REPLYTOCOM=364224#RESPOND)

I like this literature it is very knowledgeable.

Apostle George Osei Owusu April 27, 2015 at 10:33 pm

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REPLYTOCOM=364290#RESPOND)

MAY the Good LORD bless you for this revelation,,wisdom is important

rudy fiel October 23, 2015 at 9:00 pm

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REPLYTOCOM=452725#RESPOND)

Very informative and good healthy guide.

Lizabeth June 7, 2016 at 12:51 am

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REPLYTOCOM=522754#RESPOND)

Kewl you should come up with that. Exlelcent!

Tina W November 29, 2015 at 8:58 am

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REPLYTOCOM=465564#RESPOND)

Very too article, and ready to try their suggestions.

Rksudarsanbabu November 30, 2015 at 11:15 am

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REMEDIES-FOR-URINARY-INCONTINENCE.HTML?

REPLYTOCOM=466093#RESPOND)

Thanks for remedies given for Urination problem. I am at 66 really it is helpful.

zertaj khan April 25, 2016 at 12:47 am

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REPLYTOCOM=506478#RESPOND)

Very very useful information ,knowledge, nd also the remedies u gave us,,thanku so much for nice nd authentic article,,many people wl be benificial with this,,its really very pious effort to make us aware of this common problem's reasons..God bless you,,

patsy May 10, 2016 at 8:10 pm

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REPLYTOCOM=512705#RESPOND)

Hi can u help why when I touch anything cold like wet clothes or drink cold water I get weak,dizzy my eyes wants to shut,I feel better when I drink hot tea or a hot shower,this happens on cold days or hot days,love ur stuffs here its quiet interesting thank u patsy vlm

Jane Edwaard July 26, 2016 at 8:15 pm

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REPLYTOCOM=532251#RESPOND)

Love to know what is good for frequent loose bowel movement

h k money August 28, 2016 at 10:47 pm

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REPLYTOCOM=537661#RESPOND)

well your web site giving confidence to control urge incontinence 77 year old man night time 4 times and day times 8 times without control sometimes in trousers, in car while walking etc what is the best home remedy to cure this Prostate, kidney, liver stomach, etc etc were tested and negative results doctors could not specifically say anything on this your site appears to good to give clear cut instructions to erase this problem await ur reply
h k money canada

h k money August 28, 2016 at 10:51 pm

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REPLYTOCOM=537662#RESPOND)

await ur reply for male incontinence thanks

h k money

Brij Bhushan Dubey November 24, 2016 at 11:06 am

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REPLYTOCOM=555214#RESPOND)

Thanks for good information

Wayne December 3, 2016 at 5:36 pm

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REPLYTOCOM=557165#RESPOND)

My uncle had BPH for a couple of years and always had to get up many times during the night to pee, he also felt pain while peeing. The urologist told him that it was a typical symptom of the enlarged prostate and that he needed to learn to deal with it, the doctor prescribed him alpharise health for his prostate and a new diet (tomatoes, fruits, nuts, vegetables and no red meat) . After some weeks realized there were good changes on him already

eddie December 20, 2016 at 8:50 am

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html?replyto=559207#respond)
REPLYTOCOM=559207#RESPOND)

Helpful info in this article. I had uti for about 3 years. I had to urinate frequently and urgently. The frequent need to urinate at night severely affected my sleep quality. I kept strictly to the food requirements, avoid spicy foods, alcohol, smoking, coffee, etc. But the medicines I took couldn't help to cure it. Then a friend recommended me a herbal medicine called diuretic and anti-inflammatory pill, after 3 months medication, the infection was cured completely.

Milan Prasad December 27, 2016 at 3:18 pm

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Very useful and beneficial guide:)

Thanks for this useful information!

Satish Chandra kaushik January 29, 2017 at 3:23 pm

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html?replyto=563855#respond)
REPLYTOCOM=563855#RESPOND)

Quite beneficial and helping information but doesn't cover the postural incontinence after radical surgery of prostatectomy. After sitting on chair or bed, there is leakage on standing up. That means pressure on nerves by sitting is released on standing up leads to incontinence. How should it be prevented?

RAVI SAXENA April 8, 2017 at 2:36 am

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html?replyto=573026#respond)
REPLYTOCOM=573026#RESPOND)

Very good and useful information. Thanks for sharing.

Azuka Ugoh April 14, 2017 at 7:23 pm

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?REPLYTOCOM=573966#RESPOND](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html?replytocom=573966#respond))

I think, I like this info!

Meenuu August 8, 2017 at 1:19 pm

REPLY ([HTTPS://WWW.TOP10HOMEREMEDIES.COM/HOME-REMEDIES/HOME-REMEDIES-FOR-URINARY-INCONTINENCE.HTML?REPLYTOCOM=588364#RESPOND](https://www.top10homeremedies.com/home-remedies/home-remedies-for-urinary-incontinence.html?replytocom=588364#respond))

Yeah gud. ... thanks for information

laila October 15, 2017 at 6:49 am

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i just wear pads etc when doing major exercise eg trampolining

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